

Abstrakt

Name:

The Metodic Recommendation for Preliminary part of Practicing of Movement skills in Boxing.

Objectives:

The definition of the theoretical points for practicing of the skills. The analysis of activities necessary for starting of subject in training process. Define the basic structure of technical skills with example of didactic process for straight punches.

Results:

The analysis of main areas helps to determine some problems in practicing of skills that are necessary to consider with to reach improvement the quality of trainers work in practicing technical skills.

Key words:

skill, motory teaching, systematic, straight punch, comparison, structure